

Unit 14 - Prevention of Pressure Ulcers

Resource Materials/Activities/Notes

Suggested Instructional Resources Materials

- Video on basic skills
- Chart of stages of tissue destruction and related illustrations

Skill Performance Checklists

65. Moving Up in Bed

66. Moving Up in Bed Using Turning Sheet

67. Positioning Resident On Side

Activities

- Discuss how pressure on capillaries leads to tissue death.
- Discuss friction and how it would relate to pressure ulcers.
- Consider the need for repositioning of residents who spend long periods of time sitting.
- Discuss the importance of adequate fluids and good nutrition for health of the skin.
- Demonstrate the application of the heel and elbow protectors used in your facility.
- Demonstrate the use of preventive devices.
- Show pictures of the stages.
- Have the class discuss the force called shearing, and how it leads to tissue death.
- Discuss why residents develop pressure ulcers and why preventive measures may not be carried out.
- Have the class demonstrate positioning and draping.
- Have students practice log-rolling technique.